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Bangalore Mirror

TEMP Max 31 | Min 17 | Humidity 70% Mainly Clear sky Sensex 82,498 | Nifty 25,[illegible],490 | Silver 2,70,000 | Dollar 91.13 | Euro 107.40 | GBP 123.19

CITY / PAGE 4

SMOKED OUT

Garbage burning at pockets of quarry land on outskirts has left several areas fuming due to toxic air

SPORTS / PAGE 6

WINNER TAKES IT ALL

Zimbabwe fire warning shot towards heavy-weights with win over Sri Lanka; West Indies remain unbeaten

Study finds wards with green patch greater than 2 sq km in area have cleaner air; quality of air within first 50 mt of the green spaces was the best and gradually declines as distance increases

WHAT WE NEED IS AN OASIS OF GREEN

1% rise in vegetation health and density across ward brings down PM2.5 level by 0.003%

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An analysis of Bengaluru's green spaces across 14 wards shows that greener wards in the city experience better air quality.

Wards with a green patch greater than 2 sq km in area were found to have cleaner air. Air quality within the first 50 mt of the green spaces was the best and gradually declined as the distance increased. However, green cover with an area of less than 2 sq km did not have this impact on air quality.

The study conducted by researchers from the National Institute of Technology, Calicut, has also found that even a small improvement (one percent) in the overall green cover of a ward can lead to a considerable reduction in air pollution.

A one percent increase in vegetation health and density across a ward was found to bring down the levels of particulate matter (PM2.5) by 0.003 percent in the area. Similarly, aerosol levels can also be reduced by 0.06 percent.

Green patches for impact on air pollutants were studied in CV Raman Nagar, Aramane Nagara, Agaram, Vidyaranyapura, Varthuru, Benniganahalli, Hal Airport, Nayanda Halli, Vasanth Nagar, Agaram in Shantala Nagar and Bellanduru, Kuvempu Nagar, Shettihalli, and Malleswaram area.

CONTINUED ON PAGE 8 >>

> **"Green-blue networks should be integrated through green corridors. Instead of a thick wall of tall green trees, layered vegetation buffers around lakes should be created for better air quality**
>
> —Monica Jason, National Institute of Technology Calicut

...But what we get is a buffer cut

Governor's nod has sealed the deal on controversial decision that has been slammed all around

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The Karnataka government's decision to reduce buffer zones around lakes has formally come into effect, with Governor Thawar Chand Gehlot granting assent to the Karnataka Lake Conservation and Development Authority Amendment Act, 2025. The official gazette notification ended months of uncertainty and back and forth between Raj Bhavan and the state government. The Governor had initially withheld approval amid strong objections from environmental experts and civil society groups who argued that shrinking buffer zones, instead of expanding them, would weaken ecological safeguards around water bodies. After multiple rounds of clarifications and exchanges, the Bill has now been cleared.

Under the amended law, the buffer zone around lakes has been significantly reduced based on their extent. Lakes measuring up to 5 guntas will have no buffer zone. Those between 5 and 10 guntas will have a one metre buffer, while lakes between 10 guntas and one acre will have a three metre protective zone.

CONTINUED ON PAGE 8 >>

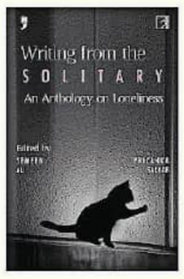
THINGS TO DO

01 Dance the night away

SOCIAL will host No Mercy, featuring SCARLETT (Live), GNRØ, and Fhiga, a line-up presenting hard techno through a mix of live performances and DJ sets. **Where: Koramangala SOCIAL; When: February 22, 8 pm**

02 Loneliness as muse

Atta Galatta is bringing a session inviting participants to explore how isolation can be transformed into powerful literary expression. The workshop focuses on the nuances of solitude and loneliness as creative catalysts. **Where: Atta Galatta, Indiranagar; When: February 21, 4 pm**



03 Speaking through music

Bhoomija, in collaboration with the Prestige Centre for Performing Arts (PCPA), will present The Storied Song, a concert that brings together music and narrative in an intimate and reflective format. **Where: Prestige Centre for Performing Arts, Konanakunte; When: March 1, 6.30 pm**

04 Treasures of tradition

An exhibition jointly organised by Grand Flea Market and Indian Artisans Bazaar showcases Indian traditional and modern handicrafts, home décor items, and traditional attire from various states — all under one roof. **Where: Chitrakala Parishath, Seshadripuram; When: Until March 1**

05 Ideas unite

Alliance University will host the 2026 edition of the Alliance Literary Festival, ALF, and Alliance ONE, bringing together leading voices from cinema, public life, journalism, law and performance. **Where: Alliance University, Alliance School of Liberal Arts, Anekal; When: Until February 21, 9 am to 9.30 pm**

Neighbourhoods of Bengaluru glow with Ramzan festivities

With Ramzan here, city transforms as worshippers gather in devotion, streets fill with aroma of delicacies, charitable initiatives intensify, and vibrant shopping stalls draw families together

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File photo of Ramzan festivities in Bengaluru

As the crescent moon ushered in Ramzan, neighbourhoods across Bengaluru transformed into vibrant pockets of faith, flavour and fellowship. From the bustling lanes of Shivajinagar to the aromatic stretches near Frazer Town, Tilak Nagar, DJ Halli and Koramangala, the city is once again immersed into fasting, prayer and evening feasts.

The holy month of Ramzan has begun in February this year, a rare occurrence after more than three decades. Owing to the Islamic lunar calendar, which is about 10–11 days shorter than the Gregorian calendar, Ramzan shifts earlier every year. As a result, it takes roughly 33 years for the month to return to similar dates in the solar calendar.

As sunset approaches, streets come alive with the irresistible scent of fried delicacies. Samosas stuffed with spiced meat or potatoes, crispy pakoras, and golden cutlets line the counters of local eateries. Vendors briskly serve haleem, a slow-cooked blend of meat, lentils and wheat, which remains one of the most sought-after Ramzan dishes. Dates, fruits and refreshing drinks such as rose milk and badam milk are staples at iftar tables, following the tradition of breaking the fast with dates and water.

Mosques across the city witness increased attendance for Taraweeh prayers, with worshippers standing shoulder to shoulder in devotion late into the night. Charitable initiatives intensify during this month, with volunteers distributing food packets to the underprivileged and organising community iftars, reinforcing the values of empathy and social responsibility.

In rare occurrence after more than three decades, Ramzan has begun in February this year, owing to Islamic lunar calendar being shorter, causing month to shift earlier annually and return to similar solar dates only once every 33 years

As part of Project Smile Trust, located at Church Road, Jayanagar, volunteers are distributing nearly 700 ration kits across Bengaluru and nearby districts this Ramzan. "This year, we are distributing about 700 ration kits to abandoned elders, unsupported widows, orphans and families facing severe medical or financial crises," said Sakhib Khan, volunteer at Project Smile. The 20-item kits are reaching beneficiaries in North, South and West Bengaluru, as well as Ramanagara, Channapatna and Tumakuru, with support from nearly 200 volunteers, including 40 students from St Joseph's University.

Daawat-e-Ramzan comes to B'luru

After hosting successful editions in Hyderabad, Subia Roshan and Shaista Roshan are bringing Dawat-e-Ramzan to Bengaluru for the very first time, on February 27 and 28 and March 1, 2026, at Gayatri Vihar Sagar, Palace Grounds. Dawat-e-Ramzan is a Ramzan expo and night experience, created with the simple intention of allowing families to truly enjoy the spirit of the season in a space that is safe, welcoming, and thoughtfully designed.

The expo features over 100 shopping and retail stalls, ranging from clothing and accessories to lifestyle finds. More than 30 food stalls will be bringing together iconic favourites from Hyderabad along with some of Bengaluru's most loved names. The event also features a dedicated play area and three immersive zones, including a 360-degree immersive installation inspired by experiences like Van Gogh, along with zones that celebrate Islamic art, dress, and culture in a contemporary, engaging way.

SATS server glitches leave teachers exhausted

Government school teachers across the state are grappling with persistent server issues on the SATS student tracking system, even as Wednesday marked the final deadline to upload textbook requirements. Despite an earlier extension from February 16 to February 18 due to technical problems, many schools were unable to complete the process. Headmasters reported staying up past midnight attempting to log in, only to face repeated failures. In several cases, OTPs did not reach registered mobile numbers, and even when they did, the system logged users out within minutes. With exam responsibilities already underway, the recurring server disruptions have added to the strain.

The Education Department had introduced SATS to streamline access to student and school data. However, teachers say outdated server capacity means tasks that should take half an hour now stretch into days, especially in Malnad districts where OTP delays are common. Responding to the concerns, Education Minister S Madhu Bangarappa said he was not aware of the technical issues but would speak to officials, adding that textbook printing orders would be based on existing data and no student would face shortages even if uploads were delayed. **— BMB**

Special drive to enforce tobacco control rules across city

The Bengaluru North City Corporation has launched a special inspection drive from February 18 to 26, 2026, to curb violations of the Cigarettes and Other Tobacco Products Act (COTPA) and create public awareness. On February 19, officials conducted inspections in Wards 11, 1, 23, 4 and 29 within the corporation limits. During the drive, a total fine of Rs 11,700 was collected from individuals and establishments found violating provisions of the Tobacco Control Act. In a significant action, a shop selling tobacco products near an educational institution was closed for breaching rules that prohibit the sale of tobacco within a restricted distance from schools and colleges.

Officials said the campaign will continue until February 26, with inspections to be intensified in other wards. Along with enforcement, awareness programmes are also being conducted to educate vendors and the public. **— BMB**

Firefighting services open doors to women with new rules

In a significant move, the state government has reserved 10 per cent of posts for women in the Karnataka Fire and Emergency Services Department and has renamed key designations to make them gender inclusive. As per the existing cadre and recruitment rules, the posts were earlier titled 'Fireman' and 'Leading Fireman'.

BangaloreMirror
Women can fight fires too

Bangalore Mirror published a story 'Women can fight fires too' on February 16, 2026, highlighting lack of female firefighters in 83 years of fire & emergency services department coming into being

These have now been redesignated as 'Firefighter' and 'Leading Firefighter' to encourage the induction of women candidates.

The Karnataka Fire and Emergency Services Department, functioning since 1964, has so far not recruited women personnel. There had been sustained demands to introduce reservation for women during recruitment, and the government has now responded.

Officials said the presence of women staff is essential, especially during fire accidents, natural disasters, floods, animal rescue operations and while assisting injured women during emergencies and hospital admissions. Of the 7,159 sanctioned posts in the department, 5,272 are currently filled, with the remaining vacant. The order specifies that 10 percent of direct recruitment posts, including firefighter and station officer roles, will be reserved for women candidates. **— BMB**

House fire claims life of elderly bedridden man

An 80-year-old bedridden man who lived alone was burnt to death after a fire broke out at his residence in the early hours of Thursday in Kengeri. The incident was registered at the Kengeri Police Station.

According to police officials, the deceased has been identified as Mailarappa (80), a resident of Kengeri. As per the complaint filed by his granddaughter, Ramya Kom Kumar (32), Mailarappa was living alone in a house adjacent to her residence. He was suffering from gangrene in his left leg and underwent an amputation due to which he was unable to walk. The complainant had been taking care of his food and health on a daily basis.

At around 2.20 am on February 19, a relative, Bhagyamma, alerted the family that the house was on fire. Family members and neighbours rushed to the spot and doused the flames. Ramya's husband entered the house and found Mailarappa dead. According to the preliminary investigation, the fire is suspected to have been caused by a short circuit. Police officials are investigating the case to ascertain the cause of the fire. **–BMB**

CRIME FILES

Man held for illegal sale of codeine cough syrups

A man was arrested by the Bharathinagar Police Station for allegedly selling psychotropic cough syrup without a valid licence, and 73.2 litres of the banned substance worth Rs 1.45 lakh were seized from his possession.

According to the police, officers received specific information from a witness on February 10, 2026, that a person was illegally stocking and selling cough syrup containing codeine phosphate and triprolidine. The accused was reportedly operating from a dilapidated building located in front of a convention hall on High Road within the station limits.

Acting on the tip-off, police registered a case and conducted a raid at the spot. During the operation, the suspect was taken into custody. Upon interrogation, he allegedly confessed that he was selling the psychotropic cough syrup to the public without any licence in order to earn easy money. The accused was remanded to judicial custody. Further investigation is underway. **–BMB**

Woman booked for allegedly defaming Nandini products

A woman has been booked for allegedly posting defamatory and misleading content about Nandini Milk and its dairy products on social media.

According to a complaint lodged with the police, Dr Sharanya Padma, a dermatologist by profession, uploaded reels on February 8, 2026, making allegations against several Nandini products. In the videos, she reportedly claimed that items such as Nandini cream buns, strawberry-flavoured powdered milk and certain beverages contained toxic and harmful substances. She allegedly stated that regular consumption of these products could lead to autoimmune diseases and even cancer in the long term.

In a press release issued on February 18, 2026, KMF strongly refuted the allegations, terming them baseless and misleading. The federation asserted that it adheres strictly to all food safety standards prescribed by FSSAI and assured consumers that Nandini products are safe. Police have registered a case and initiated an investigation. **–BMB**

Traffic cop assaulted for doing his job, driver booked

A traffic police constable was allegedly assaulted and injured while on duty at a vehicle diversion point in North Bengaluru on Wednesday morning.

According to officials the incident occurred between 8.30 am and 9 am on February 19 at the Vehicle Diversion Point in Hunasamaranahalli, Yelahanka taluk. The complainant, Vikas B (26), attached to Chikkajala Traffic Police Station, stated that he was deployed for morning 'A' shift duty.

While regulating traffic, the team signalled a goods pickup vehicle, which was heading towards Bengaluru city from Hunasamaranahalli via Savari Road. As per traffic restrictions, entry of LGV and HGV vehicles into the city is prohibited between 7.30 am and 11 am.

Police said the driver allegedly ignored instructions to stop and upon being confronted, verbally abused the constable, obstructed his duty and assaulted him before fleeing the spot with the vehicle. The victim officer sustained severe injuries.

A case has been registered and further investigation is underway. **–BMB**

Gaming platform's assets seized

The Directorate of Enforcement (ED), Bengaluru Zonal Office, has seized bank accounts, fixed deposits, mutual funds and bonds worth Rs 590 crore belonging to M/s Winzo Pvt Ltd and its subsidiary M/s Zo Pvt Ltd under Section 37A of the Foreign Exchange Management Act (FEMA). According to the ED, Winzo, which operates real money gaming (RMG) platforms, made Overseas Direct Investments in its foreign subsidiaries. The agency further stated that the overseas subsidiaries were engaged in prohibited real money gaming. The ED said Winzo is holding foreign income generated from these activities abroad in contravention of FEMA provisions. Further investigation is underway. **–BMB**

Proactive measures urged to prevent crime

A review meeting to track the ongoing progress into police operations conducted by the Commissioner of Police in North East Division of Bengaluru City Police with all ACPs, Inspectors, and Station PSIs was held on February 19 to ensure public safety measures and enhance effectiveness of crime control initiatives. Officers were asked to conduct beat meetings promptly in every area and to respond to public grievances at the earliest so that proactive measures could be taken to prevent crime. It was also urged that surveillance be ensured on repeat offenders. **–BMB**

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Garbage burning chokes south Bengaluru residents' daily lives

Environmental activists demand scientific disposal systems, segregation facilities and stronger enforcement to prevent recurring toxic dumping, burning crisis across Ramohalli region

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Garbage set on fire at the quarry near Maragondanahalli

Residents of Maragondanahalli and surrounding areas in South Bengaluru have been facing severe air pollution caused by burning garbage for more than one month. Despite repeated complaints to Ramohalli Panchayat officials and elected representatives, nothing has been done to stop dumping and burning waste that poses serious health risks to people living nearby.

Residents say burning garbage has become routine practice for workers engaged by village panchayats and garbage contractors. "Garbage is illegally dumped at quarry within Ramohalli Panchayat limits and set on fire daily. I have informed authorities concerned, but nothing has been done to end menace," said Sai Rama Krishna, resident of Maragondanahalli. He urged authorities to take immediate action to stop illegal dumping and burning.

He added authorities must ensure proper waste segregation at source and establish tie-ups with recyclers to prevent such practices. Without scientific disposal systems, residents fear pollution will continue affecting public health and environment.

Lakkanna Gowda, teacher at Vidyakshetra Gurukula, said burning waste has become daily menace during both winter and summer. "Ramohalli Panchayat officials have not taken effective steps to stop dumping waste at quarry. Authorities appear indifferent to serious consequences. I urge officials to penalise those responsible," he said.

S Mouli Srinivasaraju, resident of Maragondanahalli, said garbage from four or five nearby villages is being dumped at quarry. "Workers set waste on fire, causing severe air pollution and health problems for residents living close to dumping site," he said.

Environmental activist Gowdaiah said lack of waste segregation facilities across village panchayats has worsened situation. "It has become habit for conservancy workers to dump garbage in vacant places and quarries before setting it ablaze. Similar incidents occur in Harohalli and nearby areas. Despite repeated complaints to Greater Bengaluru Authority officials, adequate action has not been taken," he said.

> **"It has become habit for conservancy workers to dump garbage in vacant places and quarries before setting it ablaze**
> – Environmental activist Gowdaiah

Environmental activist Shobha Bhat urged Ramohalli Panchayat officials to immediately stop dumping waste at quarry and ensure scientific disposal. She stressed need for sustainable waste management to protect environment and public health.

Ramohalli Panchayat Development Officer Bharathi said she has received complaints regarding waste burning at quarry. "I will visit site shortly and take necessary measures to resolve problem," she said, assuring residents that issue will be addressed promptly.

Residents continue to demand urgent intervention from authorities, warning prolonged exposure to toxic smoke could endanger vulnerable groups, including children and elderly. They hope inspection and corrective action will finally bring relief and restore clean air in their neighbourhood and ensure healthier living conditions for everyone affected in future without further delay or negligence again.

City acts against illegal flex menace

The Bengaluru West City Corporation (BWCC), one of the five proposed municipal corporations under the Greater Bengaluru Authority (GBA), has removed unauthorised flexes and banners dotting ward numbers 26 and 27 of Doddabidarakallu Sub Division. This special drive under the vigil of the BWCC Commissioner is done to ensure compliance with advertisement rules and to maintain public safety alongside the city's aesthetics. The BWCC is also responsible for planning and coordination to pull down such flexes and hoardings which have become a hazard for public safety over the years in terms of obstructions during driving and pedestrian pathways. — BMB

Infrastructure push promises smoother city commute

Under the directive and supervision of Deputy CM DK Shivakumar, 500 kms of Bengaluru city roads are said to be redesigned by using Stone Matrix Asphalt (SMA), High Density Compaction, and Pavement Quality Concrete (PQC) in areas like Old Airport Road, Sarjapur Road, Platform Road, and Outer Ring Road junction, which is aimed at improving traffic congestion. The intervention is being carried out by BSMILE (Bengaluru Smart Infrastructure Limited), which was formed in 2025 to manage and execute major high-impact infrastructure projects in the city. The delay in execution of this project had occurred initially due to lack of expert engineers in this field, delayed permissions from various authorities, alongside shifting of utilities and unforeseen issues. Now, 16 expert engineers have been selected to dedicatedly focus on the completion of this project, which is expected to get over in three years' time. Bengaluruans will then get to enjoy less congested and freer flow of traffic by this project. — BMB

Lift clearance failure triggers power warning

The Bangalore Electricity Supply Company Limited (BESCOM) has warned the managing committee of an apartment complex that electricity supply could be disconnected if lifts operating without proper clearance are not regularised immediately. In its notice, BESCOM said nearly 30 elevators across two towers in the Doddakallasandra residential complex on Kanakapura Main Road are functioning without mandatory certification from the Electrical Inspectorate. The association has been given 15 days to obtain required approvals or risk disconnection of power, including supply to unauthorised lifts. Under the Karnataka Lifts, Escalators and Passenger Conveyors Rules, 2015, elevators must be inspected and licensed before being used. BESCOM stressed that operating uncertified lifts violates safety norms and regulatory requirements, potentially putting residents at risk.

A Bengaluru-based safety compliance consultant said such cases highlight systemic oversight gaps. She noted developers and management bodies must secure statutory clearances before commissioning elevators, as liability rests with them in case of accidents. Residents have also questioned how lifts remained operational without final approval, despite the building receiving occupancy certification in 2022, raising concerns over coordination between regulatory authorities. — BMB

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Vehicle hazard
Jeevanahalli

Abandoned vehicle under Jeevanahalli under bridge for months forces commuters to walk through traffic, garbage, and cattle, raising safety concerns.

Garbage neglect
Chamarajpet

Residents allege garbage has remained uncleared for a week on S P Road in Chamarajpet, leaving area dirty and unhygienic.

Dumping zone
K Narayanapura Road

Garbage has accumulated on K Narayanapura Road near a college sports ground, attracting cattle, dogs, and birds, creating unhygienic conditions.

Trusted by Champions, Committed to Every Joint

From everyday patients to elite athletes, one name in orthopaedics continues to inspire confidence. Dr. P.C. Jagadeesh, Senior Consultant at Kauvery Hospital, brings over 25 years of rich experience in orthopaedic and sports injury management. Known for combining surgical precision with personalised knee joint replacement , he has treated thousands of patients suffering from joint, shoulder and ligament injuries to arthritis , helping them return to active living with confidence.

Having performed more than 9,000 knee procedures and over 1,200 shoulder surgeries, Dr. Jagadeesh has built a reputation for delivering consistent outcomes in complex orthopaedic cases. His excellence in the field was recognised at the VK-BM Health Excellence & Conclave Awards, where he received a prestigious honour for his contribution to orthopaedics and sports medicine.

Dr. P.C. Jagadeesh
Orthopaedic Surgeon & Sports Medicine Specialist
Senior Consultant, Kauvery Hospital
Ph: 9901881177

Proven Recovery

Dr. Jagadeesh's expertise extends beyond routine orthopaedic care into the demanding world of professional sports. One such example , the In 2012, when international squash champion Joshna Chinappa suffered a ligament injury, he performed a successful surgical intervention that enabled her full recovery and return to competitive sport. Years later, when she experienced cartilage concerns in the same knee, she once again placed her trust in him in 2023. Following surgery and a structured six-month rehabilitation, she made a strong comeback to international tournaments, a testament to the doctor's meticulous surgical and recovery protocols.

He has also served as a referral orthopaedic specialist for the Royal Challengers Bangalore during the 2015–16 season, working alongside an international medical team to provide injury management and emergency support to professional cricketers. His global exposure includes specialised training in Australia, Germany and South Africa, where he refined advanced arthroscopy and sports injury techniques under renowned experts.

Precision Techniques

A graduate of a reputed Bangalore Medical College and Research Institute, Dr. Jagadeesh completed his D.Ortho from Sri Devaraj Urs Medical College, Kolar, as a top-ranking student, followed by further training under Prof PVA Mohandas (Well renowned Orthopaedic surgeon) at MIOT (Madras Institute of Orthopaedics and Traumatology) . He later headed sports orthopaedics at MIOT and has remained at the forefront of evolving surgical techniques. Whether using robotic-assisted systems or performing highly precise procedures without robotic support, he focuses on restoring mobility with minimal tissue damage and faster recovery.

In several cases, he has successfully used grafts from the patient's own body, promoting natural healing and reducing long-term complications by using artificial grafts and is against promoting artificial grafts . His emphasis remains on cost-effective treatment without compromising on quality, ensuring patients receive world-class care that is both accessible and outcome-driven.

Prevention First

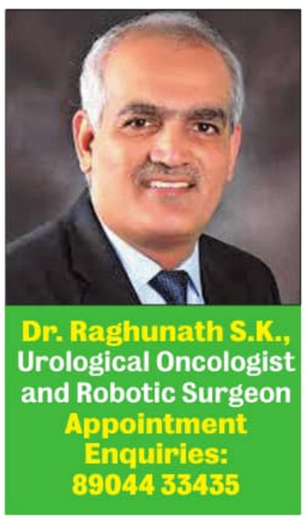
According to Dr. Jagadeesh, surgery is not always the first solution. Regular exercise, balanced nutrition and avoiding repetitive strain are crucial to protecting joints and ligaments. Excess stress on knees and shoulders, especially through improper workouts or sedentary habits, can lead to long-term damage. He consistently educates patients on maintaining joint strength and flexibility, reinforcing that moderation and awareness are key to lifelong mobility.

From treating national and international athletes to guiding everyday individuals towards pain-free movement, Dr. P.C. Jagadeesh continues to set benchmarks in orthopaedic and sports medicine care. Because when expertise meets endurance, every patient can return to the game of life stronger than before. Dr Jagadeesh was instrumental in getting robotics joint replacement in Karnataka as is the first certified mako robotic joint replacement surgeon in Karnataka . He says the extra cost of robotic joint replacement can be avoided by special instruments to the conventional knee replacement which is available now in the market .

A Pioneer in Robotic surgery for Urological cancers

In the highly specialised field of urological cancer care, precision and experience define outcomes. Dr. Raghunath S.K, Director and Senior Consultant of Urological Oncology and Robotic Surgery at HCG Cancer Centre, Bengaluru, stands at the forefront of robotic uro-oncology with over 22 years of dedicated clinical and surgical experience. Having successfully performed more than 1,800 robotic urological cancer surgeries, he has become a reassuring presence for patients diagnosed with prostate, kidney and bladder cancers.

His expertise lies not only in complex cancer removal but in doing so with enhanced precision, minimal blood loss and faster recovery, helping patients return to normal life sooner.



Dr. Raghunath S.K.,
Urological Oncologist and Robotic Surgeon
Appointment Enquiries:
89044 33435

Trusted Expertise

Dr. Raghunath's journey in urological oncology began nearly two decades ago when robotic surgery was still emerging in India. Since then, he has consistently advanced the practice, integrating robotic and laparoscopic techniques into mainstream cancer care. An MBBS and MS graduate from a reputed Mysore Medical College and Research Institute, followed by a DNB qualification from Muljibhai Patel urological hospital, Gujarat and fellowship in urological oncology from Delhi and Robotic and laparoscopic experience from Taiwan and USA, he combines strong academic grounding with vast surgical exposure. Beyond credentials, what truly distinguishes him is his patient-centric approach. He believes in explaining conditions clearly, discussing treatment options transparently and building confidence at every stage of care.

At HCG Cancer Centre, he leads a dedicated team of fellowship-trained specialists in uro-oncology, ensuring that every patient benefits from collective expertise. Under his guidance, the department has strengthened its focus on organ-preserving surgeries and advanced robotic procedures that reduce hospital stay and post-operative discomfort. The centre is also recognised for adopting innovative surgical approaches designed to improve safety, optimise costs and enhance recovery outcomes, particularly for elderly patients.

Compassionate Care

Apart from surgical excellence, Dr. Raghunath is known for his approachable and reassuring manner. Patients often describe him as a doctor who listens patiently and provides clarity during emotionally challenging diagnoses. His work extends beyond the operating theatre. As Former Secretary of the Society of Genito-Urinary Oncologists of India and former president and Secretary of the Bangalore Urological Society, he has actively contributed to academic research, professional collaboration and training young surgeons in advanced uro-oncology and robotic surgery.

Timely Detection and Prevention

With lifestyle changes contributing to a steady rise in urological cancers, Dr. Raghunath emphasises early detection and prevention. Regular exercise, adequate hydration, avoiding tobacco and alcohol, and timely medical consultation for urinary symptoms can significantly reduce risks. According to him, awareness is as important as treatment, and preventive screening remains the first line of defence. For individuals seeking advanced, ethical and technology-driven cancer care, expert support is available at HCG Cancer Centre, Bengaluru. When expertise meets empathy, healing becomes a shared journey.

Emphatic 6-wicket win as Zimbabwe rides on strong opening partnership

Zimbabwe stun Sri Lanka

Brian Bennett anchored the chase with a composed unbeaten half-century while Sikandar Raza delivered a crucial late blow as Zimbabwe pulled off a thrilling six-wicket victory over Sri Lanka in their Group B clash of the ICC Men's T20 World Cup 2026 at the R. Premadasa Stadium in Colombo on Thursday.

Chasing a competitive target of 179, Zimbabwe rode on a strong opening partnership between Bennett and Tadiwanashe Marumani to lay the foundation. The duo added 68 runs for the first wicket, with Marumani playing aggressively to score 34 off 26 balls, striking five fours and a six. Bennett, meanwhile, settled in after an early reprieve and steadily built momentum.

Sri Lanka 178/7 (20)

Zimbabwe 182/4 (19.3)

Zimbabwe reached 78/1 at the halfway stage and continued to keep the required rate in check. Ryan Burl provided further impetus with a quickfire 23 off 12 balls, including a towering six, before Sri Lanka skipper Dasun Shanaka struck to briefly halt the progress.

However, the match turned decisively in Zimbabwe's favour during a blistering partnership between Bennett and Raza. With the chase finely poised, Raza launched a fierce counterattack, smashing four sixes and two boundaries in his 45 off just 26 balls. His assault, particularly against the spinners, swung the momentum and reduced the pressure on the visitors.

Bennett brought up his half-century off 41 balls and continued to anchor the innings with maturity, rotating strike effectively while capitalising on loose deliveries. Zimbabwe collected 46 runs between the 15th and 17th overs, effectively taking the game away from Sri Lanka.

Sri Lanka attempted a late comeback when Dushan Hemantha dismissed Raza and Tashinga Musekiwa in quick succession, but Munyonga kept his composure under pressure. He struck a crucial six in the penultimate over before Bennett sealed the victory in style with a boundary through extra cover, finishing unbeaten on 59 off 47 balls.

Earlier, Sri Lanka had posted 178/7 in their 20 overs, but Zimbabwe's disciplined bowling effort ensured the total remained within reach.

The victory marked Zimbabwe's second-highest successful chase in T20 internationals and ensured they finished unbeaten in Group B, topping a table that included Sri Lanka, Australia, and Ireland. Sri Lanka, despite moments of control, were undone by Zimbabwe's clinical batting in the death overs.

Zimbabwe's Brian Bennett celebrates with captain Sikandar Raza after scoring fifty runs at R Premadasa Stadium in Colombo on Thursday

Today's match

Australia V/S Oman

07.00 pm

Italy lose, West Indies remain undefeated

West Indies completed the T20 World Cup group stage undefeated after dismissing Italy for 123 and winning by 42 runs on Thursday.

Italy finished its maiden World Cup appearance with plaudits after stunning Nepal and losing to England narrowly, Scotland and the West Indies.

Both teams struggled on what appeared to be a good batting pitch at Eden Gardens.

West Indies captain Shai Hope starred with 75 off 46 balls, his second straight World Cup half-century, and the next best score was Ben Manenti's 26 for Italy.

West Indies defended a sub-par 165. Italy lost three wickets in the powerplay thanks to medium-pacer Matthew Forde, and pacer Shamar Joseph limited Italy in the middle and death overs with 4-30. Joseph also took four catches.

Hope kept the West Indies from floundering, opening the batting and hitting four sixes and six boundaries until he was bowled by Crishan Kalugamage in the 16th over.

In the Super Eights, the West Indies will face 2024 champion India, 2024 runner-up South Africa, and Zimbabwe, which knocked out Australia.

West Indies' players celebrate their victory against Italy, at Eden Gardens in Kolkata on Thursday

"We'll have to find ways to be more forceful when the crunch time comes," Hope said. "We have batting depth but we need to be smart. Need to be clinical with strokeplay. Need to capitalize on deliveries. (We're) in good shape going into the Super Eights."

Italy captain Harry Manenti said he was proud of their ability to stay in the fight, notably against full members England and the West Indies.

"We haven't played the perfect game despite showing promise in moments," Manenti said. "It's important for all associate nations to be funded and well looked after, which is tough. If we keep getting support from the ICC, if we get more cricket, we'll get more competitive. Lack of games have hurt us (but) the more we play the higher are the chances to close out games like this."

Sri Lanka chose to bat first against Zimbabwe in the day's second match in Colombo.

Afghanistan, which made the semifinals in 2024 and lost a thrilling double super over against South Africa this week, will meet Canada in its last Group D match. – AP

West Indies 165/6 (20)

Italy 123 (18)

Zadran's 95 propels Afghanistan to win in pride clash

Canada flail in tall chase order

1. Afghanistan's Sediqullah Atal and Ibrahim Zadran during the match between Afghanistan and Canada at the MA Chidambaram Stadium in Chennai on Thursday. 2. Afghanistan's Ibrahim Zadran takes the catch of Canada's Nicholas Kirton

In a battle of pride between two already-eliminated sides, Afghanistan rode on a blazing unbeaten 95 from Ibrahim Zadran to post a formidable 200 for four against Canada in their final T20 World Cup outing in Chennai on Thursday. Afghanistan won by 82 runs after managing to stop Canada at 118 for 8 wickets.

With both teams aiming to return home on a high, Afghanistan produced a commanding batting effort after being put in.

Zadran rode on a spilled catch to punish Canada bowlers with seven fours and five sixes, leading Afghanistan to a big total.

Rahmanullah Gurbaz began cautiously but survived an early scare when he was dropped by wicketkeeper Shreyas Movva off pacer Dilon Heyliger in the second over.

Afghanistan 200/4 (20)

Canada 118/9 (20)

It took Gurbaz (30 off 20) a few deliveries to measure the surface before he unfurled a flurry of crisp boundaries. However, just when he looked set, Jaskaran Singh had him caught at deep point in the sixth over.

Jaskaran struck again three balls later, trapping the dangerous Gulbadin Naib lbw for one, briefly pegging Afghanistan back at 49 for two.

Thereafter, Zadran took charge.

The right-hander ensured the run-rate never dipped, striking freely against both pace and spin. Alongside Sediqullah Atal (44 off 32), he stitched a fluent 95-run stand for the third wicket, with the duo particularly severe on the spinners. –PTI

Small industries plead for fair support

The Karnataka Small Scale Industries Association (KASSIA) has urged Chief Minister Siddaramaiah to sanction a special grant of ₹7 crore in the 2026–27 State Budget to complete pending works at the KASSIA Centre of Excellence and Innovation at Dabaspet. In a memorandum, KASSIA vice president Ninganna S Biradar recalled that during Siddaramaiah's earlier tenure, a grant of ₹5 crore was sanctioned in the 2017–18 Budget. However, the project faced significant delays due to the COVID-19 pandemic and other factors, leading to cost escalation to ₹34 crore. KASSIA has already spent about ₹20 crore and requires at least ₹9 crore to finish remaining works such as compound walls, roads, pavements, a sewage treatment plant, power connection, painting, and fixtures.

Biradar highlighted that only about 6 percent of industries operate in KIADB and KSSIDC developed industrial areas, while the remaining 94 percent function in private industrial estates that lack essential infrastructure like roads, streetlights, and stormwater drains. He urged the government to declare these as private industrial areas to enable better support and development.

He also pointed out that local bodies, including GBA, currently club industrial property tax under the non-residential category without separate accounting. KASSIA has requested bifurcation of industrial property tax, with 50 percent of collections spent on improving amenities in those areas. Additionally, he said the solid waste management user charges introduced in 2025–26 are high and should be reduced to ease the burden on micro and small industries.

KASSIA further appealed for a ₹500 crore one-time grant to upgrade infrastructure across KIADB, KSSIDC, and private industrial estates statewide.

–BMB

Conviction upheld, sentence cut as ATM card cloning accused fined

Court reduces jail term to time served, cites first-time offence, family circumstances, and cooperation while imposing higher fine and compensation

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The Karnataka High Court has modified the sentence imposed on two men convicted of stealing and duplicating ATM cards and withdrawing money from victims' bank accounts, while affirming their conviction.

The court was hearing a petition challenging their conviction under Section 66(c) of the Information Technology Act and Sections 380 (theft in a dwelling house) read with 34 of the Indian Penal Code. The trial court had earlier sentenced them to three years' imprisonment for the IT Act offence and two years for theft.

Justice V Srishananda declined to interfere with the finding of guilt but reduced the substantive sentence after taking into account the period already spent in custody. The court observed that there was no reason to disturb the conviction as the evidence on record clearly established that the petitioners had duplicated ATM cards belonging to Prosecution Witnesses 1, 5 and 6 and subsequently withdrawn money from their accounts using the cloned cards.

The judge noted that the accused had misused technology to their advantage by stealing account passwords and siphoning off funds. Emphasising the need for a balanced approach, the court remarked that every sinner has a future and that the criminal justice system should hate the crime and not the criminal.

While examining the question of sentence, the court considered mitigating factors, including the fact that both petitioners were first-time offenders. The trial magistrate had also recorded that petitioner No. 1 had a young wife and a two-year-old daughter dependent on him. The accused were also found to have cooperated in the expeditious disposal of the case.

Taking these aspects into account, the High Court noted that the petitioners had already spent 41 days in custody between March 1, 2011 and April 12, 2011, which had been given set-off by the trial court. By enhancing the fine amount to Rs.2,00,000 payable by each of the petitioners, the remaining period of sentence was set aside.

Accordingly, the court treated the period already undergone as sufficient imprisonment, subject to payment of the enhanced fine. Petitioners must deposit the amount before Friday, or surrender and serve the remaining portion of their original sentence as directed herein.

PIL on ward name dismissed

The Karnataka High Court has dismissed a public interest litigation (PIL) seeking to rename the Beereshwaranagara Ward in Bengaluru as Chunchaghatta, stating that the plea did not involve any issue of public interest or violation of fundamental rights. The petition challenged a November 19, 2025 notification issued by the State Urban Development Department regarding Ward No. 43, currently named Beereshwaranagara. The petitioners, who are local residents, had requested the court to direct authorities to adopt the name Chunchaghatta instead.

A division bench comprising Chief Justice Vibhu Bakhru and Justice CM Poonacha found no merit in the plea and observed that the naming of the ward did not infringe upon any fundamental rights of the petitioners or others. The court noted that while the petitioners may hold a personal view on what the ward should be called, such opinions cannot form the basis of a PIL or justify the court's intervention.

Emphasising that PILs must be grounded in genuine public interest rather than individual preferences, the bench held that the petition failed to meet the required threshold. Court dismisses plea, imposes costs. –BMB

State allocates funds for essential drugs

The Health and Family Welfare Department has sanctioned an additional ₹30 crore for the procurement of essential medicines across taluk and district hospitals, community health centres, and other government health institutions in Karnataka. The allocation is intended to support the local purchase of medicines required over the next two months to ensure uninterrupted availability of critical drugs.

According to the directive, the funds currently available with the Karnataka State Medical Supplies Corporation Limited must be transferred immediately to the bank account of the Suvarna Arogya Suraksha Trust. The Trust will subsequently release the funds to individual government hospitals, enabling them to initiate local procurement. –BMB

Debt-ridden man kills elderly woman

A 70-year-old woman, Shobha, was murdered inside her home in Kote Beedi in the Hirapur locality while her mentally challenged husband lay beside her, unaware of the attack. Police said the accused, a wholesale shop owner identified as Shivakumar, allegedly entered the house and slit her throat. The couple had no children, and Shobha's husband has been paralysed for the past 15 years. Shobha, daughter of a jewellery shop owner, was known to wear gold ornaments occasionally. He immediately alerted the police about the suspected murder. –BMB

Child's welfare outweighs legal technicalities

The Karnataka High Court ruled that a couple who have raised an abandoned child for nearly a decade should not be separated from him, calling such a step inhuman and against the child's best interests. The court stressed that welfare must prevail over procedural technicalities, noting the boy has lived with the couple since he was only a few days old and is emotionally rooted in their care.

According to records, the couple found the infant in 2016 during a visit to Sri Gavisiddeshwara Swami Mutt and, believing he had been abandoned, took him home. They issued public notices and attempted to trace his biological parents, but no one came forward. Now a primary school student, the boy knows only the couple as his parents and shares a emotional bond with them. The court observed that removing him after years of stability, education, and affection would cause emotional harm. The couple also expressed readiness to complete all legal formalities and informed the court of losses they had endured. HC lets child stay, prioritising emotional security and welfare. –BMB

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Affluent areas receive better air quality benefits

CONTINUED FROM PAGE 1

Contrary to popular belief, air quality around higher built-up areas was found to be better with lower aerosol and PM levels.

"This is because city densification leads to shorter commutes, reduced private vehicle dependency, and better infrastructure. What we found was that if healthy and dense vegetation is introduced or expanded in densely built-up wards, it can significantly lower PM2.5 levels," said Monica Jason, Department of Management Studies at the National Institute of Technology Calicut (NITC), who conducted the study with Althaf Shajahan of NITC.

However, areas or wards with more lakes were found to be more polluted. Experts say that while urban water bodies or blue spaces are important, increasing such areas can worsen pollution, as these spaces are mostly isolated, without green corridors, and surrounded by grey infrastructure. This results in poor air flow due to a lack of wind corridors and high-emission activities.

"When urban green spaces and water bodies coexist without integrated design, they can alter local atmospheric dynamics. The green-blue networks should be integrated through green corridors. Instead of a thick wall of tall green trees, layered vegetation buffers around lakes should be created for better air quality," added Jason.

The study also reveals inequality in the distribution of green spaces in the city. While affluent wards such as Aramane Nagara, Jayanagar, Koramangala, and Malleswaram receive greater air quality benefits from larger and abundant green cover, wards with more impoverished populations and tiny, fragmented, and less dense green spaces like Dodda Bidarakallu, Dodda Nekkundi, Jnana Bharathi, and Nilasandra suffered with poor air quality. The study titled 'From garden city to concrete jungle: integrating green-blue spaces to combat air pollution in the Silicon Valley of India' is published in Environmental Monitoring and Assessment journal.

'Not ornamental lines, these are ecological shields'

CONTINUED FROM PAGE 1

For lakes between one and 10 acres, the buffer is fixed at six metres. Water bodies spread across 10 to 25 acres will have a 12 metre buffer, and those between 25 and 100 acres will have 24 metres. For lakes exceeding 100 acres, the buffer zone has been brought down to 30 metres. Earlier, all lakes irrespective of size had a uniform 30 metre buffer zone.

The move has triggered sharp reactions, particularly in Bengaluru, where lake encroachments and flooding have been recurring concerns. At least 18 environmental activists and lake conservation volunteers in the city have publicly expressed anger over the notification, calling it a setback to urban ecology. Several citizen groups said the decision ignores scientific advice and lessons from recent flooding incidents linked to unchecked construction near water bodies.

A lake activist said, "This is a dangerous dilution. Buffer zones are not ornamental lines on paper. They are ecological shields that protect lakes from sewage inflow, construction debris and real estate pressure. Reducing them will only accelerate degradation." Another activist associated with multiple lake rejuvenation drives said the government had chosen short term development gains over long term environmental security.

Rajajinagar MLA S Suresh Kumar also criticised the decision, terming the gazette notification a dark day for the state. He said rulers of the past, including Nadaprabhu Kempegowda and other kings, had built thousands of lakes with foresight and care, while present day leaders were indirectly facilitating their closure through policy changes. He pointed out that despite his strong opposition in the Assembly and a demand to refer the Bill to a House committee for detailed scrutiny, the government did not agree. "I had hoped the Governor would not give assent. Making Raj Bhavan a party to this act is unfortunate for the state," he said. Environmentalists have indicated that they will explore legal options and intensify public awareness campaigns, even as the amended buffer norms come into force across Karnataka.

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I, Chandrakant Ravaji Chougala, R/at 97, 2nd cross, HMV Reddy layout Chinnappanahalli Marathahalli colony, Bengaluru–560037, have changed my name to CHANDRAKANT CHOUGALA, vide affidavit dated: 18/02/2026 before advocate notary Manjula Jangam, at Bengaluru.

I, VINOD GANPATRAO SUBHANJI, residing at Flat 1123, Habitat Eden Heights Apt, Hoodi, Bengaluru, have changed my minor daughter's name from VINISHA VINOD SUBHANJI (Old Name) to VINISHA SUBHANJI (New Name) vide affidavit dated 14-02-2026 sworn before Notary J. ANAND KUMAR, Bangalore.

I, Supriya Gowtham Manchi D/o praveen shettigar karkala, #badagubettu kukkikatte Udupi 576101, I changed my name to Supriya Kukkikatte Praveen

WE Girish M and Rajalakshmi R/o 1776 Flatno 101 JJApartment 23cross Govindarajnagar, Bangalore 560079 have changed the name of our minor son from Mayank G to Mayank G Rangaraya.

I Manjunatha J S/o Govindreddy R/o 18, Nandagokula Nilaya, 2nd Floor, 1st Main Road, Sharadamba Nagar, Jalahalli, Bangalore-560013 have changed my name to Manjunatha G

I, Vikas Hegde S/O, Prabhakar Ganesh Hegde R/o No 39 Ds Max Savera Ground Floor C Block Rajatadri Palace Uttarahalli Bengaluru 560061 have changed my name to Vikas Prabhakar Hegde for all purposes.

I, VINOD GANPATRAO SUBHANJI, residing at Flat 1123, Habitat Eden Heights Apt, Hoodi, Bengaluru, have changed my minor daughter's name from VIDISHA VINOD SUBHANJI (Old Name) to VIDISHA SUBHANJI (New Name) vide affidavit dated 14-02-2026 sworn before Notary J. ANAND KUMAR, Bangalore.

I, Shah Harsh Dharmesh Bhai S/o Dharmesh Jethalal Shah R/o A-302, Ratna Pooja Apts, Kashi Vishwanath Temple Street Vesu ,Surat 395007 have changed my name to Harsh Dharmesh Shah.

I, Nandalal G, s/o Gireesh B Sukumar, R/o White Spiti, No-27/1 3rd Floor Door No-01 ST Anthony main Road Near Coffee Board Layout, H A Post bengaluru-560024 have Changed my name to Nandalal G Nair vide Affidavit Dt:19/02/2026 Before Notary B.S Padmaprasad, B'luru.

I, VINOD GANPATRAO SUBHANJI, aged about 46, residing at Flat No. 1123, Habitat Eden Heights Apt, Hoodi, Bengaluru, do hereby declare that VINOD GANPAT SUBHANJI, VINOD GANAPATI SUBHANJI and VINOD GANPATRAO SUBHANJI refer to one and the same person, i.e., myself, and that my father's name is GANAPATI BHIMRAO SUBHANJI. I shall henceforth be known as VINOD GANPATRAO SUBHANJI for all legal and official records. Vide affidavit dated 14-02-2026 sworn before Notary J. ANAND KUMAR, Bangalore.

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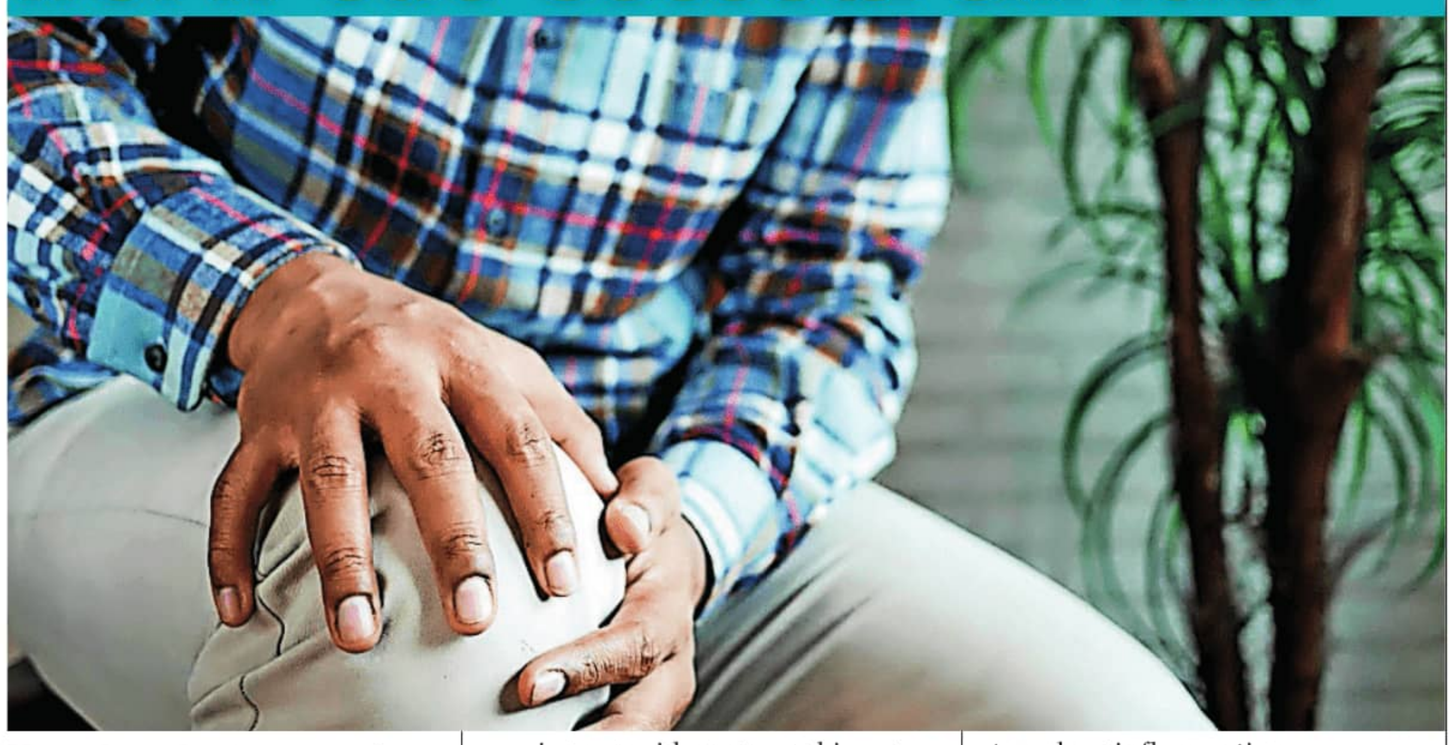
Is working out the way to work out osteoarthritis?



Here's what exercise does for those with osteoarthritis

Osteoarthritis is a common degenerative joint disease that causes pain, stiffness and swelling, and reduces your range of motion. It often affects the knees, hips and hands, although it can also occur in other joints throughout the body.

If you've been diagnosed with osteoarthritis, your doctor has probably recommended exercise. This has become standard treatment advice in recent years.

However, a new review suggests exercise might not be as beneficial as first thought.

But when you take a closer look at the study, there are reasons to be cautious. So it shouldn't prompt you to ditch your exercise regimen.

What the review did

The research team conducted an "umbrella review," an overview of systematic reviews, which collates and analyses the findings from individual studies to answer a specific question. Reviewing previously published systematic reviews provides an even bigger snapshot of a given research topic.

After searching thousands of studies, they included five major systematic reviews (comprised of 100 individual studies, with 8,631 patients) before adding another 28 recent trials (involving another 4,360 patients).

Using this data, they looked at the effect of exercise on knee, hip and hand osteoarthritis, and compared it to several alternatives, including doing nothing, placebo (fake) treatments, education, manual therapy, painkillers, injections and surgery.

What did they find?

Compared to doing nothing and placebos, they found that exercise resulted in small reductions in pain in the hip, knee and hand: between 6 and 12 points on a 100-point scale.

However, exercise did not seem to improve function any more than either of these comparisons.

For knee and hip osteoarthritis, there was evidence that exercise was just as effective at reducing pain and improving function as medicines such as ibuprofen and corticosteroids, which are injected into the joint to reduce inflammation.

The researchers concluded exercise was less effective at improving pain and function than a total joint replacement in people with knee and hip osteoarthritis.

What were the limitations?

First, the authors lumped all types of exercise together. This means strength training, aerobic exercise, stretching, aquatic exercise and tai chi were all considered to be the same.

This is crucial, because we know not all exercise is created equal. Previous reviews have shown, for example, that aerobic exercise might be best for reducing pain and function in people with knee osteoarthritis, while stretching was least effective.

Similarly, the authors didn't consider the clinical status of the patients. Evidence has shown people with more severe pain and worse function at the start of an intervention see better responses to exercise than those with less pain and good function.

Second, the review treated both supervised and unsupervised exercise the same.

However, research shows supervised training results in much better outcomes than unsupervised, likely because a trainer is there to help push the patient along.

Third, the authors didn't account for the duration of the exercise, and most study periods were quite short: around 12 weeks.

It's likely that sticking to an exercise regime over the long term will have better results, leading to a larger scope for improvement than if you just did something for a few weeks.

As such, the results of this review may not accurately reflect the benefits of exercise in people with osteoarthritis who commit to consistent exercise as an ongoing part of their weekly routine (which is often recommended).

Finally, the review didn't account for the dose of exercise the studies used.

These limitations suggest this new review likely undersells the benefits of exercise for osteoarthritis.

Less pain and better physical and mental health

Putting aside the limitations of the review, the small reductions in pain the review reports might still have a positive impact on someone's life. A 10 per cent reduction in pain could make a meaningful difference to your ability to move around, work, socialise and care for others. Exercise can also improve heart health, enhance your mood, help with weight management and reduce the risk of chronic diseases.

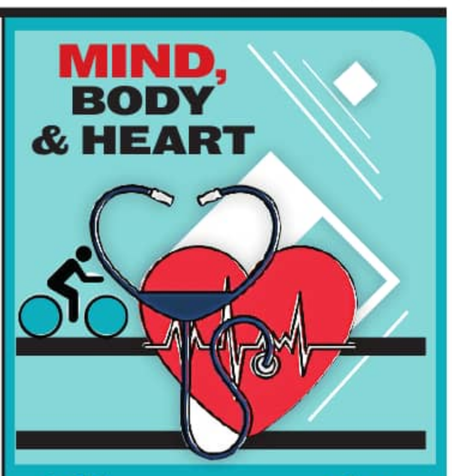
What should you do now?

Based on the findings of this new review, you should be confident that any type of exercise will lead to some degree of pain relief.

However, based on prior evidence, it's likely you can get even greater overall health benefits from exercising if you stick with it.

The best type of exercise is the one that gets done. If you enjoy being outdoors and walking, then this is going to be a great choice as it will improve all aspects of your health as well as reduce pain.

(By Hunter Bennett and Lewis Ingram, Adelaide University, The Conversation)



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Here's how to keep your skin balanced, protected, and glowing through ever-changing weather.

Suitable cleanser

Your skin barrier is your first line of defence, and it needs extra support when temperatures swing. Dr Gulhima Arora, Senior Consultant Dermatologist, Mehektagul Dermaclinic, explains, "A gentle, pH-balanced cleanser supports the barrier by removing impurities without stripping essential moisture." Over-cleansing or using harsh face washes can weaken the skin, making it more reactive to climate shifts.

Use layered hydration

Hydration is not one-size-fits-all especially in India's varied climate zones. Different weather conditions demand different hydration needs, says the expert. She recommends lightweight, water-based moisturisers during hot, humid months and richer creams in colder or drier weather.

Daily sun protection

Many people relax their sunscreen habit during cloudy or cooler days which is a mistake in tropical climates. "Even on cloudy or cooler days, ultraviolet radiation levels remain high throughout various seasons in India," Dr Gulhima notes. A broad-spectrum sunscreen is essential to prevent tanning, pigmentation, and inflammation. She calls sunscreen "the hero when it comes to maintaining the skin barrier."

Adjust exfoliation to climate

Exfoliation needs to be seasonal, not routine on autopilot. During humid months, sweat and oil can clog pores. "Humidity can lead to congestion, making controlled exfoliation helpful during warm periods," explains Dr Gulhima. However, in dry weather, over-exfoliating can damage the barrier.

Guard against pollution and heat

Urban living adds another layer of stress to the skin. "Pollution levels fluctuate widely, especially in urban areas," says Dr Gulhima. Antioxidants play a crucial protective role by neutralising environmental damage.

MIRRORLIGHTS

Study links chronic kidney disease with cognitive impairment

An advancing of chronic kidney disease may be linked to an increase in cognitive impairment, such as problems with attention, processing speed and executive function, according to a study.

The findings, published in The Journal of the American Medical Association (JAMA) Network Open, underscores that severity of chronic kidney disease could be a risk factor for cognitive decline.

Chronic kidney disease is a long-term, progressive loss of kidney function — where kidneys are not able to purify blood — often lasting more than three months.

Researchers, including those from Tulane University in the US, examined over 5,600 participants aged 21-79, analysing blood and urine samples for kidney function, and a cognitive function assessment for brain function over six years. They said that studies are looking at physiological processes linking chronic kidney disease with cognitive dysfunction, with some suggesting credible hypotheses.

The team suggested that because chronic kidney disease can exacerbate hypertension, consequences of the condition's progression could explain the increased risk of cognitive impairment experienced among patients.

Evidence also suggests that vascular links with dementia may be more prominent among patients with long-term kidney dysfunction, compared with the general population, they said.

The researchers added that accounting for clinical factors, including hypertension, did not entirely explain the link between chronic kidney disease and cognitive decline, indicating that other mechanisms may be involved.

Chronic kidney disease-related conditions, such as abnormal bone mineral metabolism, chronic inflammation and oxidative stress, sleep disorders and anaemia, may also contribute to the observed associations between kidney and brain health as shown in prior studies, the authors said. —PTI

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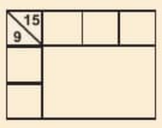
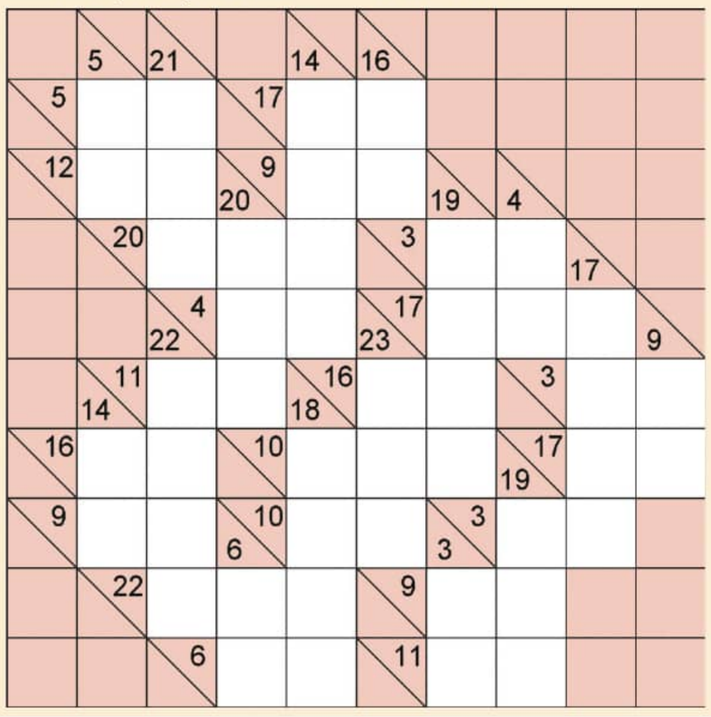
Kakuro

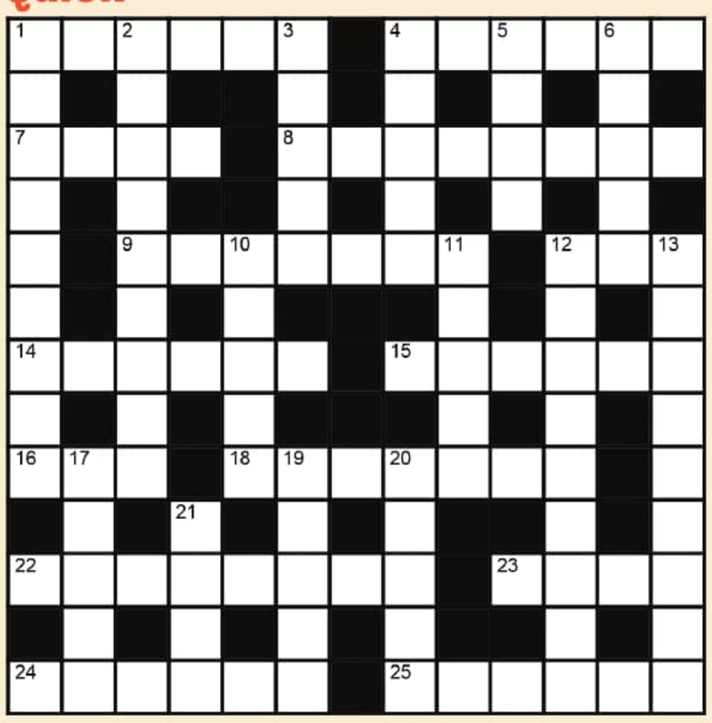
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Walks in leisurely or casual manner (6)
4 Flippancy (6)
7 Pull or lug with hand (4)
8 Genetic change (8)
9 A single pace (3,4)
12 Taxi (3)
14 Worldly goods (6)
15 Loss of speech (6)
16 Sixth sense, in short (3)
18 Sore swelling (7)
22 Chappati made out of rice (4,4)
23 Pop in Paris (4)
24 Caught sight of (6)
25 Sesame Street frog (6)

DOWN

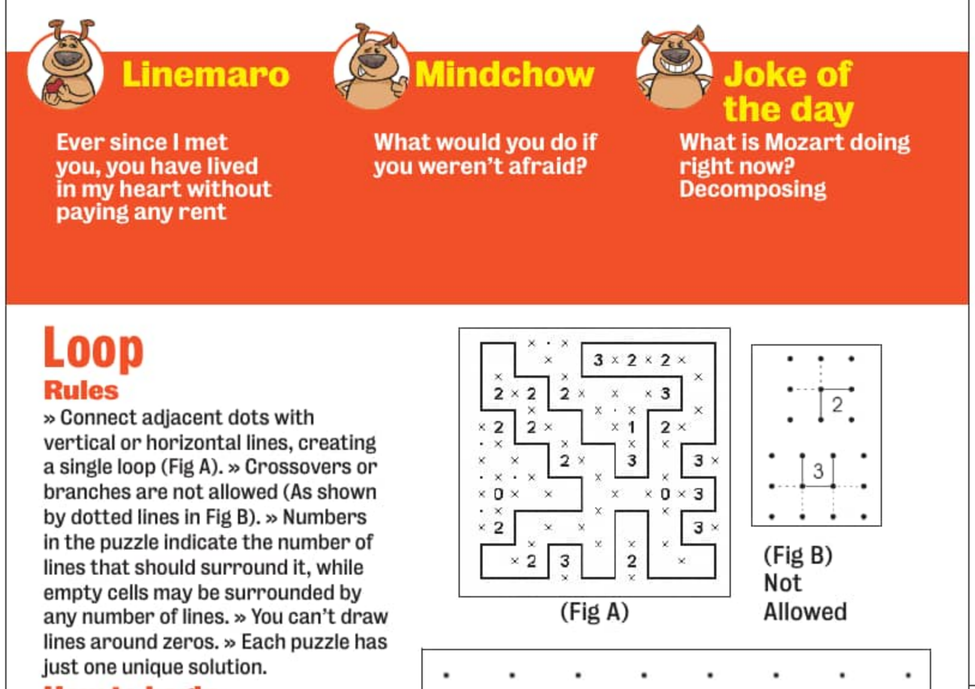
1 Dispute, wrangle with (9)
2 Closes up a garment (7,2)
3 Casings holding oil in internal combustion engines (5)
4 Nearly two pints (5)
5 Prohibition (4)
6 Actress Hird (5)
10 Part-time actor (5)
11 Heartbeat (5)
12 Roman amphitheatre (9)
13 Highest adornment for a karate exponent? (5,4)
17 Glasgow or Edinburgh natives (5)
19 Of wide range (5)
20 Hit it off (5)
21 Short skirt (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: P EQUALS T

A HAMO ZKJL AM PZL OVYGLFP KH OVIF, VMO HKSWF AM PZL DYAUZPLFP. A OK MKP CWOUL PZL WMAQLYFL.–OVXVA XVTV



Linemaro

Ever since I met you, you have lived in my heart without paying any rent

Mindchow

What would you do if you weren't afraid?

Joke of the day

What is Mozart doing right now? Decomposing

Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

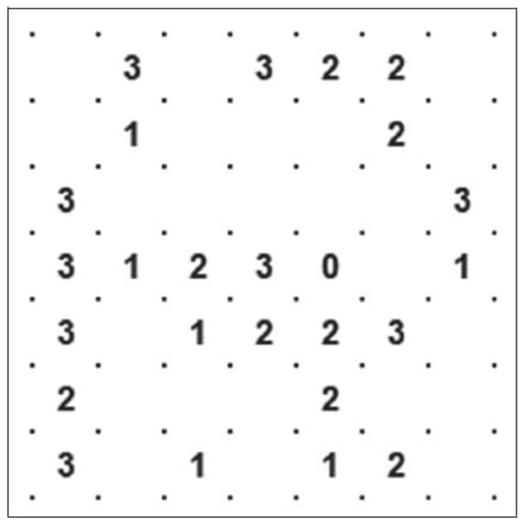
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

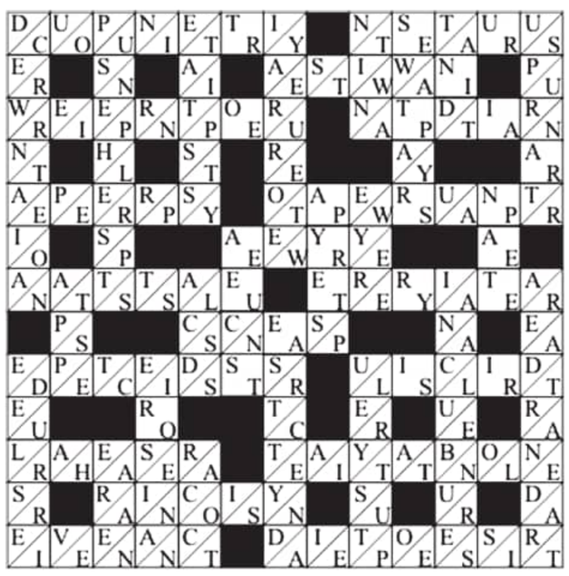
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

(Fig A)

(Fig B) Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5 Y
6				
7				
8				
9				

ACROSS

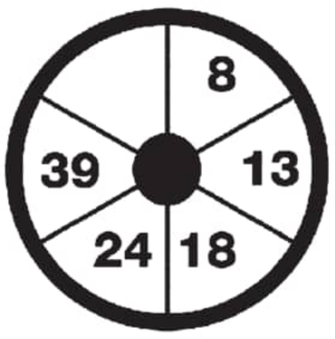
1 USS Fy; 6 Toe me; 7 Acids; 8 Maleo; 9 I'm LBS

DOWN

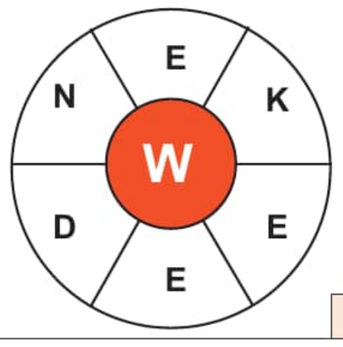
1 Clef a; 2 I a mum; 3 Moods; 4 List B; 5 Essey

Mensapuzzle

Which number goes in the empty segment?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; **04** Good; **05** Outstanding

SudokuChallenge

1	7		8					
		8		3		1		
9		3			7		2	
					2	5	3	
		4	5		1	2		
	8	5	3					
	6		2			8		5
		1		4		9		
					8		1	4

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5

4 5 5 9

Medium = 7

1 2 2 3

Hard = 20

3 4 7 8

Hocusfocus

Find at least six differences in details between panels.

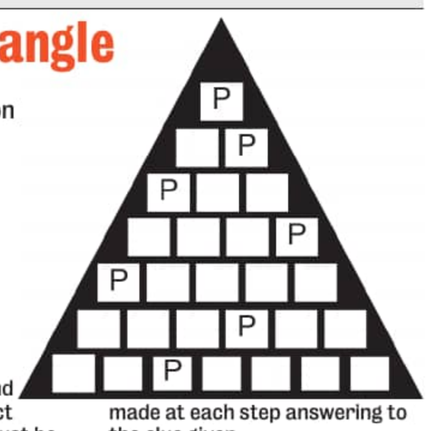
Differences: 1. Ladder rung is missing. **2.** Hand is moved. **3.** Hat is smaller. **4.** Man's arm is longer. **5.** Sign is different. **6.** Collar is missing

Riddler

Can you name the salad veggies? Use synonyms of each word in the clue; put them together to sound out the answer **1.** Caution Groove **2.** Rotate Bite **3.** Fish-egg Hair **4.** Allow We **5.** Twirl Scratch

Alpha triangle

1 Pumpkin head
2 Arith. Progression
3 Buddy
4 Giant step
5 Entreat
6 Got a big lead
7 Not theoretical



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

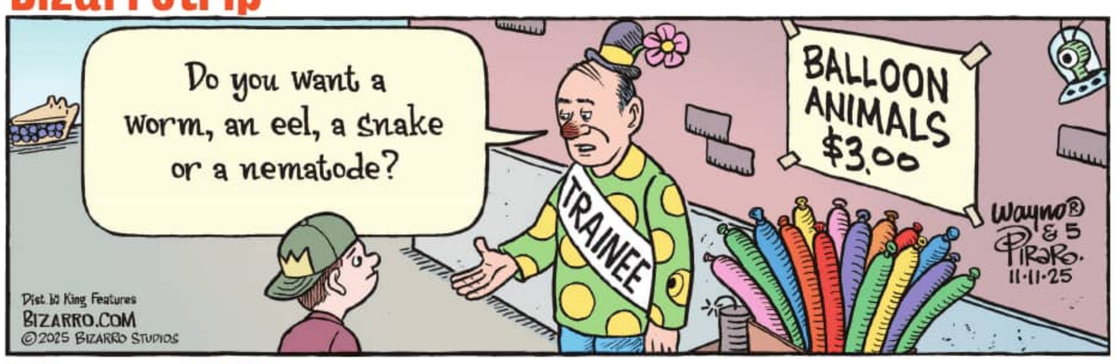
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye

OLIVE IS A REAL SWEET PATOOTIE! SHE HAS RABBLE-ROUSED TO GET ME OUTA JAIL!
AHOY, OLIVE! I IS FREE!! LE'S GO HOME!
CAN'T YOU READ?
JAIL THE MALE!
MEN ARE DOGS!
5-22
popeye.com

Bizarrotrip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Diamond Lil

EDWINA WAS A GIVING, CARING PERSON...
SHE HAD A HUGE HEART
SHE ALSO HAD THESE REALLY BIG THIGHS
THANK YOU, LIL
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Hart of the city

HI, DR. PICKLES!
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HE'S GOT A GREAT SOCIAL MEDIA PRESENCE!
PHILLYBOOKTRADER
THERE HE IS.
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

YOU DID A NICE JOB, ED... YOU OBVIOUSLY HAVE HAD SOME MUSICAL BACKGROUND.
MY FATHER TAUGHT ME TO PLAY THE UKULELE WHEN I WAS LITTLE... SO IF YOU NEED SOME UKULELE ACCOMPANIMENT, JUST LET ME KNOW.
WHICH I WILL MOST DEFINITELY DO AS SOON AS I COME ACROSS A CHORAL PIECE THAT CALLS FOR IT!
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tombatiuk.com/books
BATIUK & DAVIS
11-11

Mutts

WRITTEN IN THE STARS

Dr SUNDEEP KOCHAR

If it's your birthday today

A year of deep healing and professional realignment awaits you. Career paths clarify as you let go of outdated ambitions. Love is grounded and supportive, providing a safe harbour. Domestic life focuses on comfort and emotional security. Travel to familiar, well-loved places brings the most joy. Financial prudence in the first half of the year ensures autumn plenty.

Aries Mar 21 – Apr 20

Take a moment to appreciate your recent achievements today. Your consistent hard work is paying off beautifully. Stay focused on your primary goals, and you will continue to see wonderful moments.

Taurus Apr 21 – May 20

Financial stability is a highlight for you today. Trust your practical instincts when making decisions. Spending quality time with loved ones will bring you a sense of deep and lasting.

Gemini May 21 – Jun 21

Your communication skills help you bridge gaps today. Clear dialogue leads to successful collaborations at work. Embrace new ideas with an open mind, as they will lead to very exciting

Cancer Jun 22 – July 23

Focus on your physical health today by staying active. A balanced routine provides the energy you need. Your positive mind-set attracts favourable circumstances, making it a truly productive and happy.

Leo Jul 24 – Aug 23

Your leadership qualities are on full display today. Trust your vision and inspire others with your confidence. A creative project will bring you much joy and professional recognition very soon.

Virgo Aug 24 – Sep 23

Organization helps you achieve great efficiency today. Tidying your work space clears your mind for better focus. Your attention to detail ensures that every task you complete is of the highest.

Libra Sep 24 – Oct 22

Harmony flows through your social interactions today. Your ability to mediate brings peace to those around you. Enjoy the supportive atmosphere, as it fuels your creativity and personal growth beautifully.

Scorpio Oct 23 – Nov 22

Your determination leads to a significant breakthrough today. Stay committed to your path and trust your strength. Success is well within your reach if you maintain your current powerful momentum.

Sagittarius Nov 23 – Dec 22

Optimism attracts wonderful new connections today. Share your enthusiastic spirit with everyone you meet. Your joyful energy creates a positive ripple effect, bringing happiness to you and those around you.

Capricorn Dec 23 – Jan 20

Wise financial decisions today build a secure future. Your disciplined approach is your greatest asset. Stay grounded and focused on long-term goals to ensure your continued prosperity and personal success.

Aquarius Jan 21 – Feb 19

Your unique perspective is highly valued by your peers today. Share your innovative thoughts with confidence. Your original ideas have the power to create positive change in your professional environment.

Pisces Feb 20 – Mar 20

Trust your intuition when navigating emotional situations today. Your compassionate nature brings comfort to others. Deep connections are strengthened through your vulnerability and genuine kindness, leading to much inner peace.

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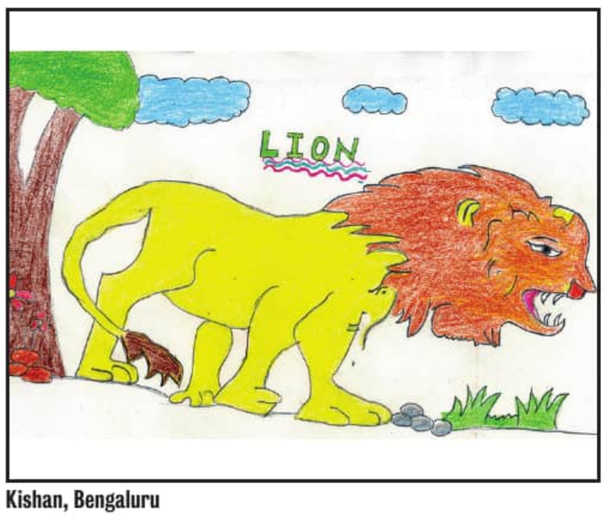
KIDZONE

Sadhvi, Bengaluru



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SOLUTIONS

SOLVE IN 1M

=√[(400-100) / (5-2)]
=√[300 / 3]
=√100
=10

BULL'S EYE

knew, weed, week, WEEKEND, wend

FAST FIVE

F	U	S	S	Y
E	M	O	T	E
C	A	D	I	S
A	M	O	L	E
L	I	M	B	S

QUOTE UNCODE

I find hope in the darkest of days, and focus in the brightest. I do not judge the universe. - Dalai Lama

STRIKE OUT

C	O	U	N	T	R	Y	■	T	S	A	R	S	■	■
E	S	■	A	■	A	S	W	A	N	■	P	■	■	■
R	E	E	N	T	E	R	■	A	T	T	A	R	■	■
T	■	L	■	T	■	R	■	Y	■	■	■	A	■	■
A	P	E	R	Y	■	O	P	E	R	A	N	T	■	■
■	■	■	■	■	A	W	R	Y	■	■	A	■	■	■
N	A	S	S	A	U	■	E	E	R	I	E	R	■	■
I	■	S	■	■	■	A	■	■	■	■	■	■	■	■
D	E	T	E	S	T	S	■	L	I	C	I	T	■	■
U	■	■	O	■	■	C	■	E	■	U	■	R	■	■
L	H	A	S	A	■	E	A	T	A	B	L	E	■	■
S	■	R	I	C	I	N	■	U	■	U	■	A	■	■
E	V	E	N	T	■	D	E	P	O	S	I	T	■	■

QUICK

A	M	B	L	E	S	■	L	E	V	I	T	Y	■	■
L	■	U	■	■	■	U	■	I	■	E	■	H	■	■
T	O	T	E	■	M	U	T	A	T	I	O	N	■	■
E	■	T	■	P	■	R	■	O	■	R	■	■	■	■
R	■	O	N	E	S	T	E	P	■	C	A	B	■	■
C	■	N	■	X	■	U	■	O	■	L	■	■	■	■
A	S	S	E	T	S	■	A	L	A	I	A	■	■	■
T	■	U	■	R	■	S	■	O	■	C	■	■	■	■
E	S	P	■	A	B	S	C	E	S	S	■	K	■	■
■	■	■	■	■	■	L	■	■	S	■	■	B	■	■
C	■	M	■	R	■	■	■	■	■	■	■	E	■	■
K	O	R	I	R	O	T	I	■	P	E	R	E	■	■
T	■	N	■	A	■	C	■	■	U	■	■	L	■	■
E	S	P	I	E	D	■	K	E	R	M	I	T	■	■

MENSA PUZZLE

54 or 6. Segments on the left equal the values in the opposite segments multiplied by three.

RIDDLER

1. Carrot (Care-rut), 2. Turnip (Turn-nip), 3. Romaine (Roe-mane), 4. Lettuce (Let-us), 5. Spinach (Spin-itch)

SUDOKU

1	7	6	8	2	9	4	5	3
5	2	8	6	3	4	1	9	7
9	4	3	1	5	7	6	2	8
6	1	7	4	8	2	5	3	9
3	9	4	5	7	1	2	8	6
2	8	5	3	9	6	7	4	1
4	6	9	2	1	3	8	7	5
8	3	1	7	4	5	9	6	2
7	5	2	9	6	8	3	1	4

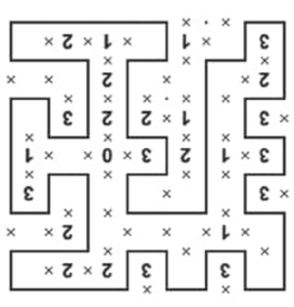
ALPHA TRIANGLE

P, AP, Pal, Leap, Plead, Lapped, Applied.

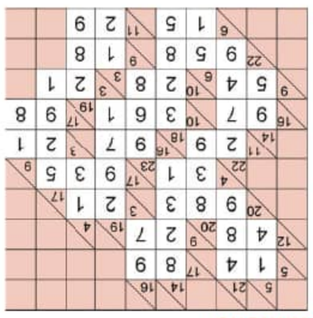
GO FIGURE

Easy
5 - 4 + 9 - 5 = 5
3 x 2 - 1 + 2 = 7
Medium
8 + 7 / 3 x 4 = 20
Hard

LOOP



KAKURO



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